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SHEEN SEEKS
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WILD WEEK** {page 12}



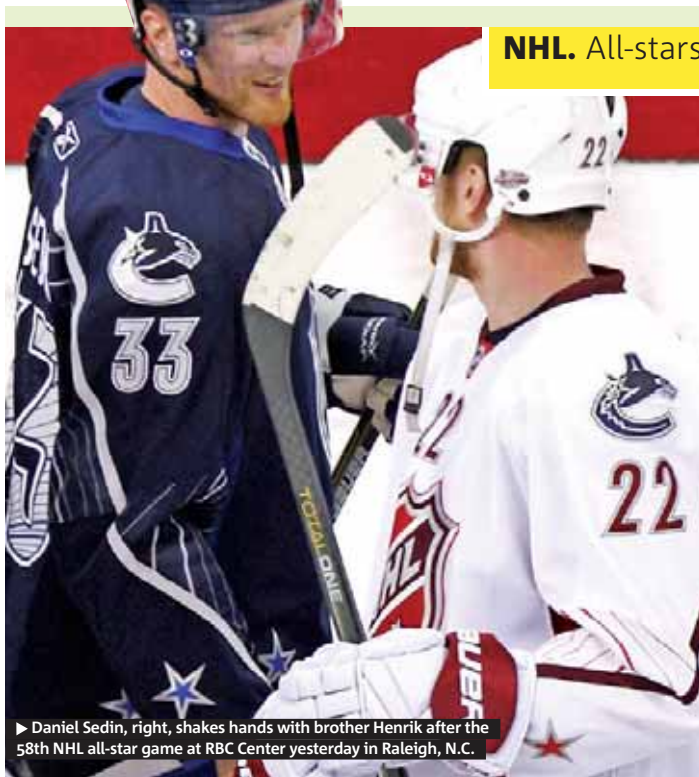
VANCOUVER

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Monday, January 31, 2011
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News worth sharing.



NHL. All-stars

► Daniel Sedin, right, shakes hands with brother Henrik after the 58th NHL all-star game at RBC Center yesterday in Raleigh, N.C.

BRUCE BENNETT/GETTY IMAGES

Sedins lace 'em up with the best

Daniel Sedin recorded one assist for Team Staal, which lost 11-10 to Team Lidstrom. Twin brother Henrik Sedin, last year's MVP, notched two assists for Team Lidstrom. Story, page 21.

Local Egyptians stage rally

Hope seen amid rampant unrest abroad {page 2}

Body believed to be teen's

Tyeshia Jones disappeared more than a week ago {page 3}

'It's time to save the funky spaces'

► Proposed bylaw amendments ease restrictions for cultural events ► Underground art exhibits, gallery soirees and more live music venues to thrive



MATT KIELTYKA
@METRONEWS.CA

More funk, please.

A Vancouver councillor is trying to infuse some life into "no-fun city" by softening restrictions for live performance venues and opening the floodgates to warehouse art exhibits, book-store jazz concerts and licensed gallery bashes.

"We've known for a while we've had too much red tape around performance spaces in the city," said Coun. Heather Deal, who is trying to push the Cultural Services Regulatory Review for Live Performance Venues through council Feb. 3.

"We live in one of the most expensive cities in the world, so artist spaces are hard to come by. It's time to save the funky spaces."

If approved, the new regulations would streamline the event application process, scale back "restrictive" safety measures for building use and occupancy, and tweak liquor bylaws.

Deal says the 14-page report is laced with bureaucratic jargon, but basically paves the way for warehouses, retail spaces and other buildings to host cul-



MATT KIELTYKA/METRO

► Vancouver Coun. Heather Deal expects cultural hotspots, like the Western Front Society, to flourish under new regulations.

tural events they otherwise wouldn't be zoned for.

The much-needed impetus comes from the city's Olympic experience, according to Amir Ali Alibhai, director of the Alliance for Arts and Culture.

"They learned that they can permit venues to serve alcohol and host temporary events and everything won't go to hell in a handbasket," said Alibhai, who believes the changes could help revive the city's arts scene. "It will really open up a lot of creative space."

Finally, a New Year's resolution you can keep.



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Metro reporter Matt Kieltyka covers all things Whitecaps in his new blog. All Caps. More at metronews.ca/blogs

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Egypt experts agree that Hosni Mubarak is on his way out. Scan the code for the story.

Canucks overrated: Survey

Are the Canucks overrated? NHL players seem to think so.

A survey of 318 players by the CBC and the NHL Players' Association ranked Vancouver as the second most overrated hockey team (12 per cent).

The Washington Capitals were voted most overrated (35 per cent). Montreal was third (11 per cent) and the San Jose Sharks were fourth (10 per cent).

The survey, released as part of the all-star weekend, polled players on everything from which Canadian city should receive an expansion team (Quebec City at 53 per cent) to which coach would you least like to play for (Ron Wilson, 24 per cent).

Vancouver, however, is also one of the league's preferred places to play, tying the Chicago Blackhawks for second with 11 per cent of the votes. The Detroit Red Wings was the most desired team to play for at 14 per cent.

Roberto Luongo was voted the most difficult goalie to score on, edging Ryan Miller and Tim Thomas.

● METRO

Abandoned 911 calls irk West Vancouver police

West Vancouver Police are reminding people not to program 911 into their cellphones after dispatchers received 182 abandoned calls in just two weeks. Cpl. Jag Johal said trying to trace the origin of a 911 takes up valuable police resources.

● METRO



► About 200 people demonstrated outside the main branch of the Vancouver Public Library on Saturday.

Rallying for a 'bright' Egypt

► Amidst uncertainty, hope and unity among Egyptians both at home and abroad ► Egyptian government making Internet inaccessible

NATALIE KAUR JOHAL
VANCOUVER@METRONEWS.CA

Egyptian Vancouverites rallied together for a free and fair Egypt in front of the main branch of the Vancouver Public Library on Saturday.

"Egypt has been controlled by an authoritarian regime for 30 years," said Ibrahim Gadala, a spokesperson for Vancouver's Egyptian Canadian Cultural Society (ECCS).

"People are frustrated. They're not going to take political oppression, corruption or poverty any longer."

Despite widespread media coverage coming out of Egypt, people have experienced trouble contacting those inside.

"There was no way to know if (my friends) were

safe or not," said Mohamed Zaki, who attended the rally. Mohammed Mansour, 22, is optimistic for Egypt's future.

"I see a bright, bright light. It started with a spark ... If this works, Egypt will be a very different country," Mansour said.

Organizers are planning another rally for this weekend.

Lotus Revolution

1 Demonstrators gathered in Cairo on Jan. 25 to demand an end to President Hosni Mubarak's 30-year rule.

2 Egypt's protests came days after Tunisian leader Zine El Abidine Ben Ali was ousted by demonstrations in Tunisia.

B.C. Liberal party says it will double in size

B.C. Liberal leadership race expects to draw 35,000 new party members

Three months ago, the B.C. Liberals were considered a tired government facing certain defeat in the next election.

Fast forward and the party has shed its once mighty leader, Premier

70K Liberal party membership is expected to at least double on Friday to 70,000 members.

Gordon Campbell, and is poised to at least double its membership, the party says.

THE CANADIAN PRESS



► Premier Gordon Campbell

News in brief

Purse snatcher robs 3 victims

WARNING. Police have issued a public warning in light of several recent purse snatchings in southeast Vancouver. All three victims were robbed after getting off a Main Street bus.

Each attack happened in the evening.

● METRO

Search on for missing woman

MISSING. North Vancouver RCMP are asking for help finding 30-year-old Haela Gielvert, who hasn't been seen since walking away from her care home last week.

● METRO

Teenager found dead

POLICE. RCMP in Burns Lake are investigating the suspicious death of a 17-year-old girl on Jan. 26

● METRO

Body found is likely Duncan teen's: Cops

► Tyeshia Jones was reported missing on Jan. 22 ► She disappeared early that morning on her way to see friends

KRISTEN THOMPSON
@METRONEWS.CA

A coroner is expected to perform an autopsy today on the body of a woman — believed to be 18-year-old Tyeshia Jones — found in a wooded area near Duncan.

Jones disappeared more than a week ago after leaving a house party at 3 a.m. to meet up with a friend.

Investigators say the remains of a woman found Friday along Indian Road are likely those of Jones, but that won't be confirmed until the autopsy.

"Police suspect the involvement of foul play," said RCMP Cpl. Kevin Day, adding an autopsy will also likely reveal cause of death.

"A substantial amount of resources have been invest-



► Tyeshia Jones

"Investigators are very conscious of the impact this discovery will have on the community. Every necessary resource ... is working to advance this investigation."

RCMP CPL. KEVIN DAY

ed ... to locate Tyeshia," he said.

"A team of police officers and search-and-rescue technicians, at times approaching 100 strong, worked tirelessly to locate (her)."

Cpl. Darren Lagan said the investigation remains the top priority for the

RCMP on Vancouver Island.

"The Cowichan Valley Search and Rescue Team, along with other SAR teams from around the region, remain an active and valuable part of this operation," he said.

No suspects have been arrested and anyone with information is asked to call police or Crimestoppers.

NDP MLA jailed in Mexico in alleged scam

A local NDP MLA and her husband are out \$1,500 after a car accident in Mexico she says was just a scam targeting tourists.

Diane Thorne, MLA for Coquitlam-Maillardville, was with her husband, Neil Edmonson, when their rental car was hit by two motorcycles.

She alleged Edmonson was thrown in jail for eight hours and only released after paying \$1,500 to the cops.

Thorne said the imprisonment was nothing but a scam. **● KRISTEN THOMPSON**

Warning label

► Canada's Department of Foreign Affairs is warning travellers to be "highly cautious" when travelling to Mexico in light of recent violence and complaints of police corruption.

Walker. Of Earth



► Jean Beliveau of Montreal waves as he walks with his wife, Luce Archambault, at Vancouver International Airport in Richmond.

DARREY DYCK/THE CANADIAN PRESS

One down on bucket list

Jean Beliveau, 55, arrived back in Canada for the first time since beginning his walk around the world 11 years ago. He has walked nearly 76,000 kilometres in six continents and has about 5,400 kilometres to go before he finishes in Montreal in October.

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Egypt's military moves to take control of Cairo

► Military has been generally welcomed, unlike widely despised police ► Noted advocate calls for change

Egypt's most prominent reform advocate called yesterday for President Hosni Mubarak to resign after the powerful military stepped up its presence across the anarchic capital, closing roads with tanks and sending F-16 fighter jets streaking over downtown.

The army's show of force appeared aimed at quelling looting, armed robbery and arson that broke out alongside pro-democracy protests and have turned the cultural heart of the Arab world into a tableau of once-unimaginable scenes of chaos.

The military made no attempt to disperse some



► Anti-government protesters rally in Cairo, Egypt, yesterday.

5,000 protesters gathered at Tahrir Square, a plaza in the heart of downtown that protesters have occupied since Friday afternoon.

Nobel Peace laureate Mohamed ElBaradei ap-

peared in the square around 7 p.m.

"You are the owners of this revolution. You are the future," he told the cheering crowd.

THE ASSOCIATED PRESS

Feds to fly Canadians out of Egypt

Canada has put a plan in motion to evacuate its citizens from Egypt as anti-government protests continue to rock the North African country.

Foreign Affairs Minister Lawrence Cannon says charter flights will begin to fly Canadians out of the country today.

He says those who choose to get on those flights will be taken to locations in Europe and will be expected to make their own arrangements for onward travel.

The stranded Canadians will also have to repay the government for the price of the chartered flights.

Cannon says there have been no reports of Canadians injured or killed in the Egyptian demonstrations, which are now in their sixth day. But he says Canada is now recommending that citizens leave Egypt.

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PILOT PROJECT PUT OUT

School removes smoking shelter

A smoking shelter built as part of a pilot program at a Manitoba high school has been removed following an investigation by the province's education minister.

Despite a 2008 ban on

smoking on school property, the project was suggested as a way to deal with loitering in front of the school.

"This came as a complete and total surprise that this was even occurring and this so-called structure was being put up," Education Minister Nancy Allan said earlier this month.

Randy Hildebrand, the chairman of the Hanover School Division, says the board is disappointed the shelter had to come down.

THE CANADIAN PRESS

U.S. won't halt aid for Haiti despite deadlock

ALEXANDRE MENEGHIN/THE ASSOCIATED PRESS



► U.S. Secretary of State Hillary Clinton

► Riots broke out after disputed preliminary election results

The U.S. has no plans to halt aid to earthquake-ravaged Haiti in spite of an election crisis but does insist that the president's chosen successor be dropped from the race, U.S. Secretary of State Hillary Clinton said yesterday.

Only two candidates can go on to the delayed second round, now scheduled for March 20. The U.S. is backing an Organization of American States recommendation that the candidate from Preval's party, government construction official Jude Celestin, should be left out.

The top U.S. official at the UN, Susan Rice, said recently "sustained support" from the U.S. required the OAS recommendations be implemented. Many Haitian

"One of the ways we want to help them is by making sure that their political choices are respected."

HILLARY CLINTON

officials, including leaders of Preval's Unity party and rival candidate Michel Martelly, interpreted that to mean the U.S. was threatening an embargo and cutting off aid.

Clinton flatly rebuffed that suggestion: "We're not talking about any of that," she said yesterday.

Asked if there were any set of circumstances that would prompt Washington to cut off aid, Clinton said, "At this point, no."

THE ASSOCIATED PRESS

Southern Sudan votes to secede

More than 99 per cent of voters in Southern Sudan opted to secede from the country's north in a peaceful vote held earlier this month.

The announcement drew cheers from thousands in Juba, the dusty capital of what may become the world's newest country.

THE ASSOCIATED PRESS

Hundreds pray for Mandela

Hundreds gathered yesterday at Regina Mundi church, a former centre of anti-apartheid protests and funerals, for former South African president Nelson Mandela.

Mandela was released from the hospital earlier this week after being treated for an acute respiratory tract infection.

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Death toll from crash may rise

► Most of the dead from train crash killed on impact, say German police

German authorities say the death toll could still rise from a head-on collision between a cargo train and a passenger train that killed at least 10 people, injured 23 others and left wreckage scattered across a frost-covered field.

The trains crashed in heavy fog late Saturday on a single-line track near the eastern German village of Hordorf, close to Saxony-Anhalt's state capital Magdeburg, vaulting

the passenger train from the track and tipping it onto its side.

The front rows of the first passenger compartment were crushed and several seats lay outside the train.

"The crash was so strong that the passenger train was catapulted off the tracks," Armin Friedrich, the police officer in charge of the rescue efforts, said at a news conference in Hordorf, about 200 kilometres

southwest of Berlin, Germany's capital.

Nearly 200 police and rescue workers were sent to the crash site. It's one of the worst train accidents in Germany's history.

In 2006, 23 people were killed in a train accident in Emsland in northern Germany and 101 people died in 1998, when a high-speed train derailed near Eschede in Lower Saxony.

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► The cargo train's engine.

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China. Lunar New Year



► A Chinese girl smiles to a friend as a train pulls away from the station in Beijing, China.

NG HAN GUAN/THE ASSOCIATED PRESS FILE

China's mass migration

Transportation officials in China say Lunar New Year holiday travel has been generally smooth ahead of the biggest travel days of the year. About 230 million people, more than the entire population of Brazil, are expected to take part in the world's biggest annual human migration. For many, it's the only chance they get to visit home all year.

Mother charged with assault

A Barrie, Ont., mother is accused of inappropriately punishing her nine-year-old by using a scrub pad on the child's hands.

The 49-year-old mother of two was charged with assault causing bodily harm and was put in jail on Saturday night.

The child has been taken from the mother and put into the care of the Children's Aid Society.

THE CANADIAN PRESS

Outlawed leader returns

The leader of a long-outlawed Tunisian Islamist party returned home yesterday after two decades in exile.

Rachid Ghanouchi and about 70 other exiled members of Ennahdha, or Renaissance, flew home from Britain two weeks after autocratic president Zine El Abidine Ben Ali was forced from power by violent protests.

THE ASSOCIATED PRESS

Election fever to rise, say political analysts

Expect ballot-box fever to climb today when MPs return to Ottawa from their Christmas break. With the economy uppermost in voters' minds, analysts point out this might persuade Stephen Harper to call a spring election.

While Harper has been adamant in saying he does not want a vote, he has done his best to sow the seeds for one, flooding the airwaves with attack ads and sending out his troops on stump-style announcement stops. THE CANADIAN PRESS

Oil, gold surge in wake of Egypt unrest

- Mideast, jobs, corporate results in spotlight this week
- Analysts hope for job bounce from stimulus measures

Geopolitical concerns, corporate earnings and most particularly the latest reading on U.S. job creation will set the tone for stock markets this week.

Investors will be watching commodity prices, which surged on Friday after unrest in Egypt threatened to spread across the Middle East. Traders ended the week by piling into resource stocks, oil and gold futures and other traditional safe havens.

Meanwhile, employment reports for Canada and the U.S. come out on Friday and hopes are high that the data will show job creation is still on track. "I think in order for confidence to come back, you need to see improvements in the employment pic-

Market moment

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ture," said Norman Raschkowan, North American strategist at Mackenzie

Financial Corp.

Expectations for January are relatively modest at about 150,000 new jobs in the U.S.

As for Canada, Michael Gregory, senior economist at BMO Capital Markets, expects to see more of the same kind of job creation sustained over the past few months.

"We've seen job growth bounce around between 10,000 and 20,000 per month," he said.

Investors will also look to corporate earnings this week, as Imperial Oil releases results today and Suncor Energy reports on Wednesday. The market consensus for year-over-year earnings growth is more than 20 per cent, Raschkowan said.

THE CANADIAN PRESS

Advertising. Food fight



► A promoter greets customers at a Taco Bell in Mountain View, Calif.

PAUL SAKUMA/THE ASSOCIATED PRESS

Legal beef is bull, fast-food giant insists

Taco Bell launched a massive ad campaign on Friday to counter a class-action lawsuit charging its taco filling doesn't have enough beef to be called that.

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RELIVING THE PARTY OF THE CENTURY

Urban Compass

PAUL SULLIVAN



I'm having flashbacks.

No, I'm not ready for the Charlie Sheen Memorial Rehab Ward just yet. It's this magnificent burst of Wet Coast sunshine that's taking me back to the same time last year when the sun came out and turned the 2010 Vancouver Winter Olympics into the Party Of The Century.

And now we get to remember them every year, right around Groundhog Day. If the sun comes out every year at exactly the same time — bonus.

As these anniversary stories go, there will be a lot of talk about the legacy of the Winter Olympics, and that legacy will be compared to Expo 86 and so on.

Expo 86 was the Miracle Of

Yaletown, multicultural diversity, tourism and convention business, not to mention that Vancouver was thrust onto the world stage, liked it and has stayed there ever since.

It's still a bit early to figure out the 2010 legacy since it's still a work-in-progress. But the trend is good: My contacts at Tourism Vancouver tell me 2011 will be our biggest year ever in terms of convention business, likely a combination of the convention centre getting built in time for the Olympic media and all those beauty shots of Vancouver on NBC.

(For those of you who are lucky enough to hold your convention in sunshine enjoy the seawall. For everyone else, welcome to the Wet Coast.)

"But there is one vital difference: 2010 showed the world that Canadians, and especially Vancouverites, really know how to have a good time."

By the time we're done analyzing, we'll probably conclude the legacy of 2010 is like 1986, just more: More condos, more cultural diversity, and even higher prices for teardowns.

But there is one vital difference: 2010 showed the world that Cana-

di-ans, and especially Vancouverites, really know how to have a good time. All the problems and anxieties of the first

couple of days were overwhelmed by a tsunami of celebration.

I'm still blown away by that YouTube video of 10,000 people flash-dancing in the street.

The other thing that's clear: Robson Square is the heart of this city. If we really want to wave our red mittens high, we'll do everything we can to build on that legacy. If that means preserving the square for sidewalk cafés, street vendors, pedestrians and zip rides, let's do it. If that means keeping at least part of the Vancouver Art Gallery in the square, let's do it. If that means reliving the Party Of The Century same time every year in the square, let's do it.

In a world where taking to the streets usually means something different, what greater Olympic legacy could we hope to have?

Cartoon

MICHAEL DE ADDER



Small-screen favourites

Letters & Tweets

We asked: What's your favourite TV sitcom?

@trudie: Maude. It even had an awesome song.
@MissPeachyBum: My favourite TV by far has to be The Big Bang Theory. Finally, a show for people like me!
@rorylallin: the first 10 years of the simpsons is the greatest sitcom of all time.
@dwjones83: would i be looked at funny if i said Family Matters? lol.
@benjamin_esau: Oh, The Big Bang Theory for sure. Finally, a show I can relate to!
@Projectwitz: Episodes on showtime has quickly become my current favourite.

No flipping



@dukesterHFX: my favourite sitcom had to be Gilligan's Island.
@mikeatqazam: there are a lot of good sitcoms but my fave is Cougartown. Great actors, great writing, and Courteney Cox is a comic genius.
@crestsofwaves: Everybody Loves Raymond, 8 Simple Rules.
@glorified_gv: Cosby.

Cheers. Arrested Dev. Seinfeld. Seen every ep. Night Court ... maybe?
@velvetdress4u: Man hands. Low talker. Of course it's Seinfeld!
@JulesMBurke: Modern Family is my fav sitcom!!
@pennyroyal00: Favourite sitcom is Reba.
@jla30: Definitely has to be Friends. I still love watching the reruns.

What is the funniest Twitter feed you follow?

Email vancouverletters@metronews.ca
Twitter [@vancouvermetro](https://twitter.com/vancouvermetro)

Metro has the right to edit letters and submissions.

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Metro Minute with Floating

How about starting the week with a funny and beautiful tale about an island that floated away? Floating, presented as part of the PuSh International Performing Arts Festival, is about a floating Welsh island that separates from Britain. It was created by emerging Welsh artist Hugh Hughes.

Amid a clutter of new-fangled props, costumes,

maps, and fishing rods, Hughes and partner Sioned Rowlands reconstruct the island's fanciful journey across the Atlantic and beyond. The play is at the Arts Club Theatre Company's New Revue Stage (1601 Johnston St.) It begins at 8 p.m. and tickets are \$25. For more information, call 604-687-1644 or visit artsclub.com.

● SUNHO CHOI



► Hugh Hughes in Floating.

COURTESY OF JAIMIE GRAMSTON/ARTS CLUB THEATRE

The bestsellers' advice

Between them they have sold millions of self-help books So we asked the biggest names for all the answers Choose the voice that suits you best and then follow-up with one of their books



DON CHAMBERS

The comedian/relationship guru sold millions of his first book, *Act Like a Lady*

STEVE HARVEY

How can I be happy?

You should never look for a person to make you happy. No one can make you happy first. No one can take you from a miserable state of being, and make you happy.

If you are waiting for someone to make you happy you are going to be disappointed.

You should merely be finding someone that completes you or compliments you. See, if you focus on your own personal happiness, your own personal growth then you yourself become happy. Finding happiness then is not as much of a challenge for you.

I think one of the best ways to do this is to revert to the old-fashion way of communicating.

Reduce your use of emails and texting to your significant other.

Get back to talking, by leaving voice messages. That clears up a lot of confusion because texting/emailing has no emotion.

All you can do is put a smiley face with it, or capitalize the message, and often times those things can be taken wrong. You've got to get back to some basic ways of communicating, especially face-to-face meetings.

LEO BABAUTA

THE CREATOR OF ZEN HABITS, A BLOG WITH 200,000 VISITORS, BABAUTA URGES READERS TO SIMPLIFY THEIR LIVES. HIS LATEST BOOK, *FOCUS*, IS "ABOUT FINDING SIMPLICITY IN THIS AGE OF DISTRACTION." THERE'S A FREE VERSION AVAILABLE AT FOCUSMANIFESTO.COM.

I'm busy but also always seem to have time to goof off online. So how do I free myself from distraction?

Create space in your life. Cancel a few commitments, add space into your schedule, get rid of some to-do items and focus on fewer projects. Make space to breathe, to reflect, to find solitude, to create. It's one of the most important things you can do.

What can the world at large do, collectively, to free itself?

Promote minimalism. It's not a life where you live with as little as possible. It's a life where the focus isn't on consuming and spending, but on connecting with others — creating, enriching your life and the lives of others. It's also a life where we consume less and have less of an impact on the Earth.



MARIANNE WILLIAMSON

ANOTHER OF OPRAH'S FAVOURITE THINGS IS A COURSE IN *WEIGHT LOSS*, BY WILLIAMSON, WHICH LOOKS AT THE PSYCHOLOGY BEHIND WHY WE EAT, WITH A DOSE OF GOD AND MIRACLES. IT'S THE NO. 1 BOOK IN AMAZON'S SELF-HELP DEPARTMENT.

In the book, you sound blissfully happy. Where can I get some of that?

The best thing you can do to find happiness — the best thing you can do to find anything, really — is to give it away. Happiness isn't something that happens to you; it's a mental decision that someone has to make. If

you're looking for something to be happy about, you can usually find it. If you try to bring a smile to others, then you'll end up smiling yourself. But if you expect the world to make you happy, then that usually won't work because there is no world outside your consciousness.



2

scene

SNL



Facebook co-founder Mark Zuckerberg and his *The Social Network* doppelganger Jesse Eisenberg, pictured, made friends on Saturday Night Live. Zuckerberg joined host Eisenberg for the opening monologue of the show Saturday. The two said they had never met, despite Eisenberg playing Zuckerberg in the widely hailed Oscar-nominated film. Eisenberg told Zuckerberg that he liked him on *60 Minutes* and then asked if he had seen *The Social Network*. Zuckerberg, who has called the film inaccurate, responded that he had seen the film and that it was "interesting."

THE ASSOCIATED PRESS

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Scan this code or visit metronews.ca/scene for coverage of the Screen Actors Guild awards

Sheen checks into rehab

► But Two and a Half Men actor says: 'I'm fine'

After allegedly enjoying a drug-fuelled, weeklong party that ended with him in the hospital for "abdom-

inal trouble," Charlie Sheen checked himself into rehab over the weekend, putting production

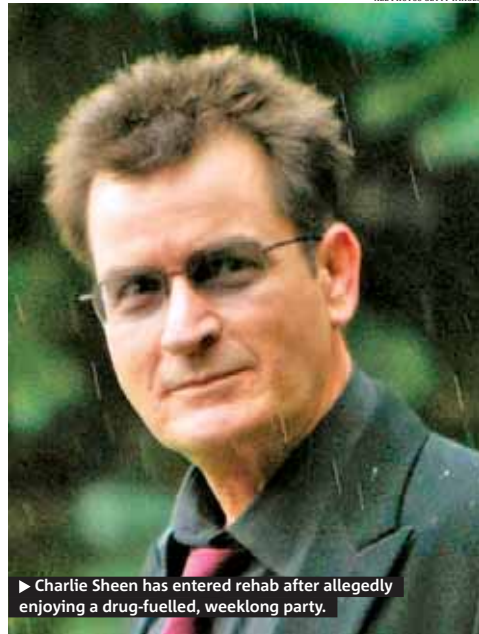
for his hit sitcom, Two and a Half Men, on hiatus, according to Radar Online.

"Charlie Sheen has voluntarily entered an undisclosed rehabilitation centre," his rep said in a statement.

But Sheen himself thinks everyone needs to relax. "I'm fine," Sheen reportedly said in a text message to the website. "People don't seem to get it.

Guy can't have a great time and do his job also?"

● METRO



► Charlie Sheen has entered rehab after allegedly enjoying a drug-fuelled, weeklong party.

Mel Gibson's 'pirated' DVD

new, unreleased movie, studio, according to the Hollywood Reporter.

"When the courier came to pick it up, it wasn't there," a police spokesman says.

"Apparently someone prior to the courier took it out of the mailbox and made off with it."

But the police aren't exactly starting a task force to track down the culprit.

"It's a \$10 DVD. We're treating it as a petty theft at this point," says the police official.

"It's a misdemeanor. It's considered a minor crime."

The Beaver is directed by Jodie Foster, who appears alongside

Gibson, Anton Yelchin and Jennifer Lawrence. ● METRO



Celebrity tweets



James Cameron
[@JimCameron] I

never tweet-ed before because I'm a long winded blowhard, and they don't allow enough characters.



Leonardo DiCaprio
[@LeoDiCaprio] Start shoot-

ing J. Edgar Hoover story on Feb. 5th, look forward to working on more eco projects this year too.



Jerry Bruckheimer
[@BruckheimerJB]

Billboards all over LA for The Beatles on iTunes – time to update the office playlist



Tom Arnold
[@TomArnold] Loved Black

Swan although it could have been funnier...

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metro

3
life

A milestone



Nearly 50 years after the Berenstain Bears first charmed preschoolers and their parents, the family behind the books remains close to their Bear Country roots.

Next year is the 50th anniversary of the first Berenstain Bears book. The gentle stories are inspired by the Berenstain family — first from the children and now the grandchildren.

Stan and Jan Berenstain created hundreds of books until Stan Berenstain's death in 2005. Their son Mike collaborates with his mother on new books.

A Berenstain Bears movie is in the script phase and has a tentative release date of 2012.

THE ASSOCIATED PRESS



Yup'ik Eskimo masks bring in \$4.6-million to highlight Winter Antiques Show.

▶ Although 84 per cent of current pet owners say they would pick their spouse over their pet, 14 per cent say their significant other would have to go if the choice had to be made

MICHAEL STRAVATO/THE ASSOCIATED PRESS



▶ The Rosenthal family with their dogs Leo and Roxy. The family had to make the decision to give up their other dog Princess, who kept escaping from the backyard. Fifty-seven per cent of adults have had to give up a pet at some point in their lives.

Would you choose your loved one or pet?

Your sweetheart or your furry friend. If it came right down to it, who would you choose to dump if one had to go?

Most current pet owners said they would hold on to their significant other (84 per cent), but a sizable 14 per cent picked their pet, **"I couldn't give up my son, so that was it."**

CHRISTOPHER J. HAMPTON, 67, ON GIVING UP A DOG HE HAD RAISED FROM A PUP WHEN HE DISCOVERED IT AFFECTED HIS SON'S ASTHMA

according to an AP-Pet-side.com poll.

The poll revealed that those who were unmarried were more apt to choose their pet over their mate — 25 per cent among unmarried pet owners versus eight per cent among the married.

Count Fidel Martinez from Akron, Ohio, as forever loyal to Killer. That's his mix-breed rescue dog.

"I would absolutely give up my girlfriend for him," Martinez said. "I know it sounds insane but I've had

numerous relationships with women. My dog has never let me down."

Women are more apt than men to say the human-pet choice would be tough (40 per cent among women compared with 26 per cent among men).

Both genders were equally likely to go with their spouse or significant other, according to the poll conducted by GfK Roper Public Affairs and Corporate Communications.

Giving up a pet for any reason can be really tough

— unless you are the owners of Princess the canine escape artist.

David Rosenthal and his family in Missouri City, Tex., were ready with what they considered an ideal fenced backyard when they welcomed the two-year-old American Eskimo from a shelter. Then things went left.

"She kept getting away," he said. "It would usually take about an hour or so to corral her."

Even worse, the 49-year-old Rosenthal discovered

the hard way that the bushy sago palm plants in the backyard were poisonous to dogs. Princess sampled them and nearly died.

"Plus, she was nipping at kids," said Rosenthal. So off Princess went, back to the shelter. "It was sad but we knew there was already somebody there to adopt her." The Rosenthals now have two other dogs.

About six in 10 adults (57 per cent) have had to give up a pet at some point in their lives. **THE ASSOCIATED PRESS**

Human medicine sickening more pets in U.S. than any other toxin

It's the third year in a row that human medications top the American Society for the Prevention of Cruelty to Animals' list of Top 10 toxins.

Janet Hardie in Groveland, Calif., knows the danger well: Earlier this year, she set incontinence pills on a table beside her chair. A while later, she looked down and Priscilla,

her year-old Lhasa Apso, was tearing into the pack. "She had eaten three. At least I couldn't find them," Hardie said.

She and her neighbour called the ASPCA hotline. A veterinarian had them weigh the dog and read the prescription information, then feed the dog a half piece of white bread and two teaspoons of hy-

drogen peroxide. Then they kept Priscilla active so the contents of her stomach would fizz and she would vomit.

About a quarter of the 168,000 calls received by the hotline in 2010 were about pets who had swallowed human drugs, said veterinarian Tina Wismer, senior director of veterinary outreach and educa-



▶ The American Society for the Prevention of Cruelty to operates a hotline for pet owners.

tion at the centre.

Insecticides, rodenticides, people food, veterinary medications, chocolate, household tox-

ins, plants, herbicides and outdoor toxins (like antifreeze and fertilizers) round out the Top 10.

THE ASSOCIATED PRESS

The quintessential winter dish

► Chili is the ideal comfort food to serve for lunch or dinner when the thermometer dips into freezing range

This All-or-Nothing chili is worthy of serving on a freezing day or at a Super Bowl party.

The chili starts with an intense base of toasted seasonings.

Once you have some serious flavour going, it's time to turn to the star — the meat. This recipe combines chopped flank steak, shredded pork tenderloin and, for good measure, ground buffalo.

When the meat starts to brown, in go the canned tomatoes, liquid smoke, a bit of beef broth, a beer and a couple rinds from Parmesan cheese.

Preparation:

- 1 In a food processor, combine pork tenderloin and flank steak. Pulse until chopped but not ground. Set aside.
- 2 In a large, dry stockpot over medium heat, com-

bine cumin, cinnamon, cayenne, paprika, chili powder, coffee powder, mustard, ginger and garlic powder. Toast seasonings, stirring constantly, until fragrant. Transfer seasonings to small bowl and set aside.

- 3 Return stockpot to burner over medium-high. Add oil and heat, then add onion. Sauté until onion is just tender, 3 to 4 minutes. Add garlic and sauté for another minute.
- 4 Add chopped pork tenderloin, flank steak and ground buffalo. Cook

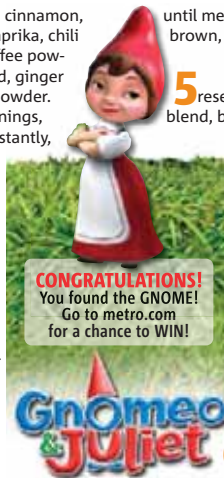
until meat begins to brown, 6 to 8 minutes.

5 Add reserved spice blend, beer, both cans of tomatoes, beef broth, liquid smoke and Parmesan rinds, if using. Bring to a simmer, then reduce heat to maintain a gentle bubble. Cover and cook, stirring occasionally, for 30 minutes.

- 6 Spoon out and discard the Parmesan cheese rinds.

Stir in the lime juice and hot sauce, then season with salt and pepper. Serve by topping with the sour cream and cilantro.

THE ASSOCIATED PRESS



IN THEATRES FEBRUARY 11



► Not only is chili a great cold weather meal, it's also perfect for Super Bowl parties.

Ingredients:

- 750 g (1 1/2 lb) pork tenderloin, cut into 2.5-cm (1-inch) chunks
- 750 g (1 1/2 lb) flank steak, cut into 1-cm (1/2-inch) strips
- 10 ml (2 tsp) cumin
- 5 ml (1 tsp) cinnamon
- 2 ml (1/2 tsp) cayenne pepper
- 10 ml (2 tsp) smoked paprika

- 15 ml (1 tbsp) chili powder
- 15 ml (1 tbsp) instant coffee powder
- 5 ml (1 tsp) mustard powder
- 2 ml (1/2 tsp) ground ginger
- 5 ml (1 tsp) garlic powder
- 30 ml (2 tbsp) canol oil
- 2 yellow onions, diced
- 4 cloves garlic, minced
- 500 g (1 lb) ground buffalo
- 1 bottle (341 ml/12 oz) Corona or other pale beer

- 1 can (796 ml/28 oz) diced tomatoes
- 1 can (398 ml/14 oz) crushed tomatoes
- 250 ml (1 cup) beef broth
- 5 ml (1 tsp) liquid smoke
- Rinds from chunks of Parmesan cheese (optional)
- 30 ml (2 tbsp) lime juice
- 2 ml (1/2 tsp) hot sauce (more or less to taste)
- Salt and ground pepper
- Sour cream, to serve
- Chopped fresh cilantro

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Forget sacrificing, try on innovation

► Author of the *Lazy Environmentalist*, Josh Dorfman, gives us his tips

PROBLEM: I'm all for the environment, but don't like it when people get so strict about it.

SOLUTION: Me too. All that gloom-and-doom and moralizing about polar bears doesn't change people's behaviour. It's time we start talking about how green issues can help people get what they want. Like the time I had my reusable FilterForGood water bottle with me on the subway and this hot chick was so impressed that she gave me her phone number and told me to call her for a date. Speaking of water, check out my campaign on filterforgood.com.

PROBLEM: Thinking about the environment makes me feel guilty.

SOLUTION: Here's my philosophy: If the green choices require me to sacrifice, I just don't make them. My sole mission in life is not to reduce my eco-impact to zero. I have other priorities, like you too. With that said, I'm typing this article on one of the most energy efficient laptops available (see epeat.net); I'm dressed in stylish clothing made from recycled materials (see nau.com, which ships worldwide); and I'm wearing high-performance boots from Timberland made with eco-friendly materials. Green is not



► Enjoy your green planet.

about sacrifice — it's about embracing innovation.

PROBLEM: I'm into being green, but I already recycle, turn off the water when

Keep green going

Tired of hearing about green issues?

1 Never ever argue about global warming with anyone. You will never win. You will only further raise people's defenses and entrench their resistance. Instead, talk about all the ways that innovative green solutions improve people's lives by helping them save money, lose weight, get more dates or whatever else is important to them.

2 Don't look like a hippie freak. If people are put off by your appearance, they'll never listen to your message. Next time you want to persuade someone to go green, put on a suit and tie and see what happens.

brushing my teeth, etc.

What's next?

SOLUTION: All sorts of amazing choices. In many countries, you can get solar panels for your home through a zero-money down lease. There are websites that will pay you to recycle your unwanted electrical goods. And other sites help you rent or borrow almost everything you need. It's called Freecycle; just Google it and start saving.

● METRO



PURCHASING ECO FRIENDLY BEDS

FILE PHOTO/TORSTAR NEWS SERVICE

Queen of Green

LINDSAY COULTER
GREEN@METRONWS.CA



What do you recommend when it comes to shopping for an eco-friendly mattress?

Nicole of Vancouver

► Find out things to look for when selecting an eco-friendly mattress.

Conventional mattresses tackle these with chemical treatments and toxic compounds, but wool naturally repels dust mites and natural latex foam is fire-resistant.

Addressing mattress eco-friendliness wouldn't be complete without mentioning PBDEs. These are a group of synthetic chemicals added as fire retardants. PBDEs are not produced in Canada but are imported by manufacturers and in consumer products (e.g., televisions, furniture, carpets, and curtains). Mattresses made in Canada generally do not contain these flame retardants, but it is always good to ask. Also, you should avoid additives used to repel stains and water.



Ethical purchase power

► Study shows Canadians increasingly making informed buying decisions

When it comes to making a statement, Canadians are picking boycotts over protests and petitions.

More Canadians are buying or boycotting products for ethical reasons, while most other forms of civic engagement have stalled or waned, according to a new Statistics Canada report.

The study released Tuesday suggests 27 per cent of Canadians chose or rejected products based on ethical concerns in 2008, up from 20 per cent in 2003.

The change is "quite substantial," particularly



for such a short period of time, said the study's author, Martin Turcotte, a senior analyst specializing in social trends.

"There was an increase for almost every subgroup of society," meaning the trend isn't due to the aging population, Turcotte said

Tuesday.

Meanwhile, the number of people who signed a petition, attended a public meeting or participated in a public march declined over the five years of the study. Signing a petition dropped to 24 per cent from 28 per cent, going to

a meeting dropped to 19 per cent from 23 per cent and only three per cent reported protesting, down from five per cent.

Yves Plourde, a doctoral student at the Richard Ivey School of Business in London, Ont., thinks ethical buying is gaining popularity because it requires little effort.

"I think people realize more and more that it's a cheap way to send a message to a company," said the 27-year-old, who studies how large corporations operate.

THE CANADIAN PRESS

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TOP 10 of 2010

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YOU VOTED! THE TOP 10 METROTUBES OF 2010 ARE:

- 1 Justin Bieber Gets Hit With a Water Bottle
- 2 Harmonica Man
- 3 Tom Brokaw Explains Canada to Americans
- 4 Handsome Men's Club
- 5 The Office Dwight Schrute sings about Canada
- 6 Iggy Investigates an iPad
- 7 McNugget Rampage
- 8 Don't Argue With an Ibex
- 9 Bigfoot and Timmy Peeler
- 10 Vulture: Betty Draper's Guide to Parenting

To see more Top 10's of 2010,
visit metronews.ca/top10

SOURCE: Metro Life Panel Survey, January 2011, 216 respondents

metro
life panel

18

metro

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MONDAY, JANUARY 31, 2011

Turning Point

KRUZE
LIFE@METRONews.ca



She stood in court staring into the eyes of her brother's killer. Annette Stanwick had endured many months of anger and pain but as she read her victim impact statement, she faced a turning point in her life. It was at that moment that she decided to let go of her anger. When she told the convicted murderer that she forgave him, she walked away a changed woman.

"When you forgive it doesn't change what has happened but it helps to release the negative emotions you hang on to."

Stanwick went on to

FREEDOM IN FORGIVENESS

write an award winning book called *Forgiveness: The Mystery & Miracle*, and now is a much sought after international public speaker. When she's not working as a VP at Gimbel Eye Centre in Calgary, she gives seminars and even speaks in prisons. Annette is enjoying life to its

fullest, even riding Harley motorcycles with her husband. "Terrible things happen in life. Acknowledge the pain then let go of the fear and anger that are holding you back. We can rise above them. Climb the mountain. The view from the top is amazing."



► Annette Stanwick poses with her Harley.

Expanding your network

When it comes to landing a new gig, we all need a little help from our friends (and Facebook acquaintances). Marcia Heroux Pounds, author of *I Found a Job! Career Advice from Job Hunters Who Landed on Their Feet*, shares tips on how to net-

work your way to a new job.

Get involved

Look for networking groups that have a broader membership than those in career transition: ExecuNet, which has chapters across

the country, is a group that brings executives, recruiters and business leaders together for discussion in person and online.

Leadership organizations can also be great. Toastmasters, which helps people become comfortable with public speaking, is a way to meet people from many different industries.

Volunteer your expertise

Use your knowledge in a field to help others. It can benefit you in your job search.

Employers want to hire people who are highly regarded in their fields. Volunteering provides the opportunity to build a reputation while making key contacts.

Be curious

As you're networking or just running errands, be aware of what's going on around you and ask questions. Curiosity usually leads to discovery, and that can mean meeting someone who will lead you to a potential job. If you're shy, asking people about their jobs, careers or interests can be a way to expand your network.

Previous work experience with someone on the inside can be a major advantage. **METRO**

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The Skills Connect for Immigrants Program is part of the WelcomeBC umbrella of services, made possible through funding from the Government of Canada and the Province of British Columbia.

Ryerson professor's study makes a splash

- Teacher links improper hand-washing to the spread of gastrointestinal problems in schools
- Also cites improper food handling as a cause
- Says illness can spread quickly in the confined space of a classroom

A professor is advocating the importance of hand-washing, and how it can go a long way toward keeping students healthy, after a study on preventing school-based gastrointestinal outbreaks was conducted.

Prof. Marilyn Lee, who teaches in Ryerson University's School of Occupational and Public Health, says that lack of hand-washing and improper food handling are two of the major reasons for the spread of the uncomfortable symptoms associated with gastrointestinal upsets.

In the confined space of a classroom, gastrointestinal illnesses can spread quickly, Lee said in an in-

terview from Guelph, Ont. Lee is the lead author of A Review of Gastrointestinal Outbreaks in Schools: Effective Infection Control Interventions.

The study, in the December 2010 issue of the Journal of School Health, deals with food preparation in schools from kindergarten through university/college.

Typically, gastrointestinal illnesses are short-lived and their symptoms — cramps, fever, vomiting and diarrhea — don't require medical treatment.

Some children, however, require hospitalization and even, in the case of E. coli contamination, can die from their condition.

THE CANADIAN PRESS



► Prof. Marilyn Lee washes her hands at Ryerson University.

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GDBA Info Session

Thursday, February 3
5:30 pm start

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MONDAY, JANUARY 31, 2011

FUCKER: FRAMING THE WORLD



► Author Susan Maushart says she realizes that living off the grid for six months is unrealistic for most people, but encourages families to unplug periodically.

Teenagers unplugged

► A working mom takes her family off the grid for six months and lives to tell the tale ► Pens a memoir

Susan Maushart lived out every parent's fantasy: She unplugged her teenagers.

For six months she took away the Internet, TV, iPods, cellphones and video games. The eerie glow of screens stopped lighting up the family room. Electronic devices no longer chirped through the night like "evil crickets." And she stopped carrying her iPhone into the bathroom.

The result of what she grandly calls "The Experiment" was more OMG than LOL — and nothing less than an immersion in RL (real life).

As Maushart explains in a book released in the U.S. this week called *The Winter of Our Disconnect*, she and her kids rediscovered small pleasures — like board games, books, lazy Sundays, old photos, family meals and listening to music together instead of everyone plugging into their own iPods.

Her son Bill, a video game and TV addict, filled

his newfound spare time playing saxophone.

"He swapped Grand Theft Auto for the Charlie Parker songbook," Maushart wrote. Bill says *The Experiment* was merely a "trigger," and he would have found his way back to music eventually. Either way, he got so serious playing sax that when the gadget ban ended, he sold his game console and is now studying music in college.

Maushart's eldest, Anni, was less wired and more bookish than the others, so her transition in and out of *The Experiment* was the least dramatic. Her friends thought the ban was "cool." If she needed computers for schoolwork, she went to the library.

Even now, she swears off Facebook from time to time, just for the heck of it. Maushart's youngest daughter, Sussy, had the hardest time going off the grid. Maushart had decided to allow use of the Internet, TV and other electronics

outside the home, and Sussy immediately took that option, taking her laptop and moving in with her dad — Maushart's ex-husband — for six weeks. Even after she returned to Maushart's home, she spent hours on a landline phone as a substitute for texts and Facebook.

But the electronic deprivation had an impact anyway: Sussy's grades improved substantially. Maushart wrote that her kids "awoke slowly from the state of cognitively interrupted that had characterized many of their waking hours to become more focused logical thinkers."

Maushart decided to unplug the family because the kids — ages 14, 15 and 18 when she started *The Experiment* — didn't just "use media," as she put it. They "inhabited" media. "They don't remember a time before email, or instant messaging, or Google," she wrote.

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G'day at Open for Djokovic

Novak Djokovic gave his old friend Andy Murray a sympathetic hug and a few consoling words, then got on with the real celebrations.

Djokovic walked to the middle of the court, tossed his racket into the crowd, then stripped off his shirt and shoes and hurled them, too.

The 23-year-old Serb had plenty to celebrate after his 6-4, 6-2, 6-3 win over Murray in the Australian Open final yesterday. Djokovic's second Australian title made him only the fourth active player on the men's tour to win multiple majors. Rafael Nadal and Roger Federer have had a lock on the men's side, winning 21 of the previous 23, while Lleyton Hewitt has two titles — the last coming at Wimbledon in 2002.

"It's been a fantastic tournament for me," Djokovic said. "I don't want to fly up to the sky and say, 'I am the best,' or whatever. I cannot compare to Rafa and Roger's success."

He's the most successful player so far in 2011, though, and that's what counts right now.

"Certainly this will give me a lot of motivation for the continuation of the season, because to win a Grand Slam at the start of the season is the best start you can ask for," he said. "It means a world to me. I'm still 23. I still have a lot of time to go."

THE ASSOCIATED PRESS

2

Australian Open champion Kim Clijsters will move up one spot to No. 2. Caroline Wozniacki will hold onto the women's No. 1.



Team captains Nicklas Lidstrom and Eric Staal shake hands yesterday after Team Lidstrom defeated Team Staal 11-10.

Stars show off shinny skills

► New player draft format creates buzz going into weekend, but fails to add life to game ► Chicago's Patrick Sharp wins MVP with three points

Eric Staal and his Carolina Hurricanes teammates were unable to capitalize on home-ice advantage and the NHL's all-star game was unable to live up to the hype created by its new format.

The Hurricanes captain did his best by scoring twice yesterday, but Team Lidstrom walked away with an 11-10 victory.

There were no standout performances or real buzz

moments — something that was in large supply during Friday's draft and Saturday's skills competition.

Anze Kopitar and Danny Briere led the way for Team Lidstrom with two goals apiece. Dustin Byfuglien, Loui Eriksson, Matt Duchene, Steven Stamkos, Jonathan Toews, Marty St. Louis and Loui Eriksson each had one.

Staal and Kris Letang

each had two goals for Team Staal while Alex Ovechkin, Paul Stastny, Patrik Elias, Claude Giroux, Patrick Sharp and Rick Nash had the others.

The league went with a different format this year — putting the power in the hands of the players by having captains Staal and Nicklas Lidstrom select the teams.

As in years past, the intensity didn't pick up until

the minutes wound down.

There were countless odd-man rushes and some nice goals, none more popular than the one Staal scored on a breakaway 3:49 into the third period to tie the game 7-7.

A goal by St. Louis at 13:54 put Team Lidstrom ahead 10-8 and Team Staal couldn't complete the comeback.

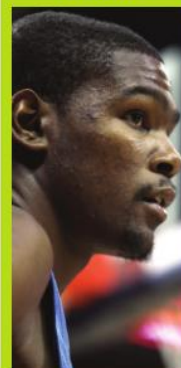
Eriksson scored into an empty net.

THE CANADIAN PRESS

4

sports

Quoted



"There's a lot of fake tough guys in this league and he's one of them."

KEVIN DURANT ON CHRIS BOSH AFTER THE TWO HAD AN ON-COURT ARGUMENT YESTERDAY THAT LED TO A TECHNICAL FOUL FOR DURANT. DURANT SAYS HE WAS UPSET BECAUSE BOSH GOT INVOLVED IN HIS CONVERSATION WITH A TEAMMATE.



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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Str.
d-Philadelphia	50	33	12	2	3	174	130	71	17-3-1-4	14-7-3-1	4-2-1-3	W2
d-Tampa Bay	51	31	15	3	2	154	154	67	16-4-1-2	15-11-2-1	7-3-0-0	W5
d-Boston	50	28	15	2	5	152	112	63	13-9-1-2	15-6-1-3	7-3-0-0	W1
Pittsburgh	50	31	15	2	2	154	114	66	17-9-1-0	14-6-1-2	6-3-0-1	W5
Washington	51	27	15	5	4	140	129	63	16-5-2-4	11-10-3-0	4-3-2-1	L2
NY Rangers	52	29	20	2	1	148	126	61	12-11-1-1	17-9-1-0	5-5-0-0	L1
Montreal	50	27	18	4	1	130	123	59	16-6-1-1	11-12-1-0	6-2-1-1	L2
Atlanta	52	24	19	3	6	152	166	57	12-9-1-4	12-10-2-2	3-4-1-2	W1
Carolina	50	25	19	2	4	153	155	56	13-8-1-1	12-11-1-3	6-4-0-0	W2
Buffalo	49	23	21	5	0	137	144	51	11-12-1-0	12-9-4-0	7-3-0-0	W2
Florida	49	22	22	2	3	131	131	49	11-8-2-3	11-14-0-0	4-3-1-2	L1
Toronto	49	19	25	2	3	124	153	43	10-11-2-2	9-14-0-1	4-5-0-1	L3
Ottawa	50	17	25	3	3	108	160	42	9-14-2-2	8-11-3-1	1-6-1-2	L6
NY Islanders	49	15	27	3	4	119	162	37	8-12-1-3	7-15-2-1	2-7-0-1	L3
New Jersey	49	16	30	2	1	101	144	35	7-13-1-1	7-17-0-1	6-3-1-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Str.
d-Vancouver	50	31	10	4	5	165	121	71	17-3-1-4	14-7-3-1	4-2-1-3	W2
d-Detroit	49	30	13	4	2	166	143	66	15-6-1-3	15-7-1-1	6-3-0-1	W1
d-Dallas	50	30	15	1	4	147	137	65	16-6-1-3	14-9-0-1	7-2-0-1	W1
Nashville	50	27	17	4	2	134	119	60	11-4-3-2	16-13-1-0	6-4-0-0	L2
Anaheim	52	28	20	2	2	140	146	60	17-7-0-1	11-13-2-1	7-3-0-0	W2
Phoenix	51	25	17	6	3	149	145	59	10-9-3-2	15-8-3-1	6-4-0-0	W1
Chicago	50	26	20	2	2	157	139	56	16-13-0-0	10-7-2-2	6-3-0-1	L2
Colorado	50	25	19	6	0	161	165	56	14-11-3-0	11-8-3-0	4-5-1-0	L1
San Jose	50	25	19	4	2	139	138	56	12-10-2-1	13-9-2-1	4-5-0-1	L1
Minnesota	49	25	19	1	4	130	134	55	11-11-0-2	14-8-1-2	6-4-0-0	W1
Los Angeles	50	27	22	1	0	143	124	55	17-9-1-0	10-13-0-0	5-5-0-0	W3
Calgary	51	24	21	2	4	144	152	54	14-9-0-1	10-12-2-2	6-1-1-2	W4
Columbus	49	23	21	3	2	130	152	51	12-11-0-1	11-10-0-1	9-5-1-1	L1
St. Louis	49	22	20	3	4	130	146	51	15-9-1-2	7-12-2-2	2-7-1-0	L4
Edmonton	49	15	26	1	7	122	168	38	7-13-1-3	8-13-1-3	2-7-0-1	L1

d = division leaders ranked 1-2-3 regardless of points; a team finishing in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

ALL-STAR WEEKEND

At Raleigh, N.C.

Yesterday's results

All-Star Game

Team Lidstrom 11 Team Staal 10

Saturday's result

Skills Competition

Team Staal def. Team Lidstrom, 33-22

Tonight's game

No Games Scheduled.

Tomorrow's games

Florida at Toronto, 7 p.m.

Ottawa at New Jersey, 7 p.m.

Pittsburgh at N.Y. Rangers, 7 p.m.

Montreal at Washington, 7 p.m.

Boston at Carolina, 7 p.m.

N.Y. Islanders at Atlanta, 7 p.m.

Chicago at Columbus, 7 p.m.

Philadelphia at Tampa Bay, 7:30 p.m.

Colorado at St. Louis, 8 p.m.

Calgary at Nashville, 8 p.m.

Los Angeles at Minnesota, 8 p.m.

Vancouver at Dallas, 8:30 p.m.

Phoenix at San Jose, 10 p.m.

Penalty — None

Missed penalty shot — Duchene Lid, 6:13.

Shots

Team Lidstrom 14 16 15-45

Team Staal 14 17 15-46

Goal (shots-saves) — Team Lidstrom: Fleury

(14-10), Hiller (start second, 17-15), Thomas

(W)(start third, 15-11); Team Staal: Ward (14-10), Price (start second, 16-13), Lundqvist

(L)(start third, 14-11). Power plays (goals-chances) — Team Lidstrom: 0-0; Team Staal: 0-0.

Referees — Tom Kowal, Kevin Pollock. Linesmen — Don Henderson, Darren Gibbs.

Att. — 18,680 (18,680) at Raleigh, N.C.

NHL ALL-STAR MVPs

(NOT AWARDED BEFORE 1962)

(X-GOALTENDER)

2011 - Patrick Sharp, Chicago

2010 - Game Not Held (Olympics)

2009 - Alex Kovalev, Montreal

2008 - Eric Staal, Carolina

2007 - Daniel Briere, Buffalo

2006 - Game Not Held (Olympics)

2005 - Game Not Held (lockout)

2004 - Joe Sakic, Colorado

2003 - Dany Heatley, Atlanta

2002 - Eric Daze, Chicago

2001 - Bill Guerin, Boston

GOAL SCORING

Name Team GP G

Steven Stamkos Tampa Bay 51 38

Sidney Crosby Pittsburgh 41 32

Ryan Kesler Vancouver 50 27

Daniel Sedin Vancouver 50 27

Danny Briere Philadelphia 47 26

Patrick Sharp Chicago 49 26

Corey Perry Anaheim 52 25

Eric Staal Carolina 50 25

GOLF

PGA FARMERS INSURANCE OPEN

At San Diego

Par 72

Final Round

Phil Watson, \$1,044,000	71-65-69-67—272
Phil Mickelson, \$626,400	67-69-68-69—273
Dustin Johnson, \$336,400	69-69-71-66—275
Jhonattan Vegas, \$336,400	69-69-68-68—275
D.A. Points, \$232,000	73-68-68-67—276
Nick Watney, \$194,300	70-73-72-63—278
Anthony Kim, \$194,300	68-67-71-72—278
Hunter Mahan, \$194,300	69-67-69-73—278
Troy Matteson, \$150,800	74-68-70-72—279
Marc Leishman, \$150,800	67-72-71-69—279
Brandt Snedeker, \$150,800	70-69-70-70—279
Bill Haas, \$150,800	67-66-71-75—279
Billy Mayfair, \$121,800	70-69-71-70—280
Charles Howell III, \$104,400	71-68-73-69—281
Ben Crane, \$104,400	70-66-74-71—281
Kevin Sutherland, \$104,400	69-69-71-72—281
Brendan Steele, \$87,000	70-68-74-70—282
Tom Gillis, \$87,000	72-70-69-71—282
David Duval, \$87,000	70-70-71-71—282
Vijay Singh, \$65,192	72-71-71-69—283
Pat Perez, \$65,192	69-70-72-72—283
Joe Durant, \$65,192	72-69-71-71—283
Spencer Levin, \$65,192	71-71-69-72—283
Rickie Fowler, \$65,192	65-71-73-74—283
Ben Martin, \$46,255	68-72-73-74—284
Justin Rose, \$46,255	72-70-72-70—284
Keegan Bradley, \$46,255	67-74-70-73—284
Fredrik Jacobson, \$46,255	67-69-73-75—284
Andriy Pashchuk	70-71-72-72—285
Bill Lunde (37), \$33,814	71-71-71-72—285
Tim Herron (37), \$33,814	74-68-70-73—285
Paul Stankowski (37), \$33,814	68-74-70-73—285
Brandt Jobe (37), \$33,814	67-75-72-73—285
Zack Miller (37), \$33,814	69-71-72-73—286
K.J. Choi (37), \$33,814	71-70-74-70—285
C.R. Couch (37), \$33,814	72-69-74-70—285
Jimmy Walker (37), \$33,814	71-69-71-74—285
Garratt Willis (37), \$33,814	73-70-73-69—285
Blake Adams (37), \$33,814	71-68-71-75—285
Scott Gotschewski (30), \$24,360	72-69-72-73—286
R.J. Brigrum (30), \$24,360	72-70-71-73—286
Richard S. Johnson (30), \$24,360	73-67-72-74—286
Marlin Piller (30), \$24,360	70-71-74-71—286
Hunter Haas (24), \$18,096	69-68-74-70—287
Brian Davis (24), \$18,096	69-68-75-75—287
Camie Villegas (24), \$18,096	69-70-75-76—287
Tiger Woods (24), \$18,096	69-69-74-75—287

Also

Mike Weir (1), \$10,788

72-70-70-75—295

EUROPEAN PGA VOLVO CHAMPIONS

At Riffa, Bahrain

Par 72

Final Round

Paul Casey, England	67-67-66-68—268
Peter Hanson, Sweden	66-67-67-69—269
Miguel Angel Jimenez, Spain	68-65-69-67—269
Stephen Gallacher, Scotland	70-64-69-67—270
Robert Karlsson, Sweden	69-67-69-66—271
Johan Egerberg, Sweden	64-71-68-69—272
Noh Seung-yul, Korea	69-70-70-65—272

BOBSLED

WORLD CUP

At St. Moritz, Switzerland

1. Lovitz 1 (Edgars Maskalans, Daumants

Dreiskens, Ugis Zalims, Intars Dambis), two

minutes, 9:34 seconds (1:05.11-1:04.23); 2.

Switzerland 2 (Beat Hefti, Roman Handschin,

Thomas Lamparter, Manuel Luehli), 2:09.36

(1:04.93-1:04.43); 3. Germany 1 (Manuel

Machata, Richard Adig, Andreas Bredau,

Christian Poser), 2:09.50 (1:05.04-1:04.46);

Also 9. Canada 1 (Lyndon Rush, Humboldt,

Sask; Justin Wilkinson, Calgary Cody

Sorenson, Ottawa; Neville Wright, Edmonton)

2:10.14 (1:05.45-1:04.69)

World Cup Four-Man Standings

(After seven of eight events)

1. Manuel Machata, Germany, 1,461 points; 2.

Steven Holcomb, U.S., 1,346; 3. Karl Angerer,

Germany, 1,266; 4. Alexander Kasjanov, Rus-

sia, 1,216; 5. Alexander Zubkov, Russia, 1,195;

6. Lyndon Rush, Humboldt, Sask., 1,152; 7.

Edgars Maskalans, Latvia, 1,003; 8. Patrice

Sverrelle, Monaco, 982; 9. Gregor Baumann,

Switzerland, 978; 10. Simone Bertazzo, Italy,

968.

SOCCER

ENGLAND

FA CUP

Fourth Round

Yesterday's results

Arsenal 2 Huddersfield 1

Fulham 4 Tottenham 0

Notts County 1 Manchester City 1

West Ham 3 Nottingham Forest 2

Wolverhampton 0 Stoke 1

FRANCE

LIGUE 1

Yesterday's results

Bordeaux 2 Nice 0

Monaco 0 Marseille 0

Nancy 1 Montpellier 2

GERMANY

BUNDESLIGA

Yesterday's results

Eintracht Frankfurt 0 Borussia Moenchenglad-

bach 1

Stuttgart 0 Freiburg 1

ITALY

SERIE A

Yesterday's results

Brescia 0 Chievo Verona 3

Cagliari 2 Bari 1

Genoa 3 Parma 1

Inter Milan 2 Palermo 2

Juventus 1 Udinese 2

Lecce 1 Cesena 1

Napoli 4 Sampdoria 0

Bologna vs. AS Roma (ppd.)

SCOTLAND

LEAGUE CUP

Semifinal

Yesterday's result

Rangers 2 Motherwell 1

PREMIER LEAGUE

Yesterday's result

Dundee United 3 Hibernian 0

SPAIN

LA LIGA

Yesterday's results

Atletico Madrid 0 Athletic Bilbao 2

Espanyol 0 Villarreal 1

Osasuna 1 Real Madrid 0

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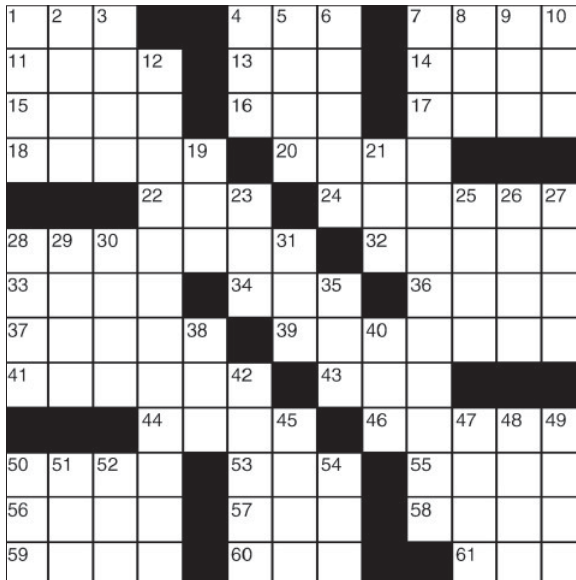
Crossword

Across

1 Humpty Dumpty, e.g.
4 Recede
7 Stroller
11 Let fall
13 Pitch
14 Emanation
15 Comical Carvey
16 Cassius Clay, now
17 Foot fraction
18 Follows orders
20 Lascivious
22 Help
24 Under-stand
28 Self-indulgent spender
32 Cohort of Brahma and Vishnu
33 Owl's call
34 Auction offer
36 Always
37 Draw a conclusion
39 Clothing fasteners
41 Villainous sort
43 Luau bowlful
44 Frog's cousin
46 — salts
50 Likely name for a poodle
53 Showbiz job
55 Otherwise
56 Hodge-podge
57 Deposit
58 Characterization
59 Singer Campbell
60 Shady tree
61 Stir-fry pan

Down

1 Taro root
2 Snatch
3 Vanished
4 Greek vowel



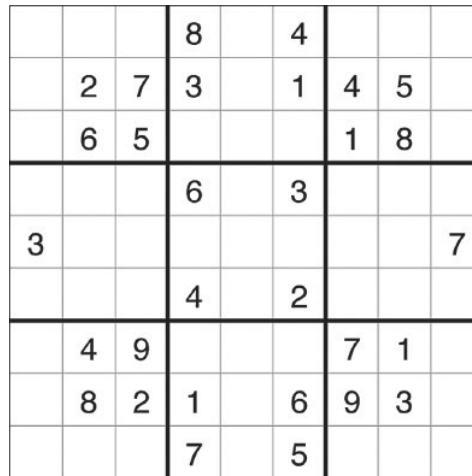
5 "I Love Lucy" star
6 Concise
7 Bore an expense
8 Scoot
9 Curved line
10 — jongg
12 "Listen up!"
19 Madam's counterpart
21 Existed
23 Society newcomer
25 Bees' home
26 Finished
27 Fourth planet
28 Caprice
29 Top-notch

30 Couch
31 Claiborne of fashion
35 Quick swim
38 — de Janeiro
40 "The Raven" writer
42 American bird
45 Rotary phone feature
47 Time-consuming
48 Norway's capital
49 Timid
50 Visibility hindrance
51 Under the weather
52 "Curse you!"
54 Phys. ed. venue

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Yesterday's answer

6	9	2	8	5	1	3	4	7
8	5	3	4	7	9	6	1	2
4	1	7	2	6	3	9	8	5
2	4	6	5	3	7	1	9	8
9	8	5	1	4	2	7	3	6
3	7	1	9	8	6	5	2	4
1	6	8	7	9	4	2	5	3
5	3	9	6	2	8	4	7	1
7	2	4	3	1	5	8	6	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca My Dew Hunnie... We've been together for a 100 days now, and if this is what it's like to be in love you with you, then you have to be stay with me forever cause baby I loved every moment of it for the past 100 days. I love you, and I always will.

FROM YOUR LAWYER S2

Melinda, Happy 7th wedding anniversary!! Hope that we stay 2gether 4ever. You're the sexiest wife ever & you're always on my mind. Love your sexy smile and I enjoy being married to you Thanks for making me happy. Love Always & 4ever. MARC XOXO

Francesca, you are my light, my life, my everything! Thanks for supporting me through the rough times and for always being there for me! I love you and I can't imagine being with anyone else but you. Happy one month! Love, "CARL"

Today's horoscope

♈ **Aries** March 21-April 20 The most important thing this coming week is that you do only what you are good at. No matter how many other things may be going on in the world, focus your attention on one thing only.

♉ **Taurus** April 21-May 21 Let other people have the last word today, especially on the work front where colleagues and employers are likely to be a bit argumentative.

♊ **Gemini** May 22-June 21 Others will go out of their way to pick holes in your arguments today — but that's okay because you'll simply ignore them.

♋ **Cancer** June 22-July 22 Re-

sist the temptation to look at the world you inhabit as a "bad" place — it's not. Some people can be very negative in their outlook but on every scale that matters the world is getting better by the day.

♌ **Leo** July 23-Aug. 23 Check the small print before putting pen to paper today because someone could be trying to trick you into believing that you are getting a really good deal when, in fact, you will end up losing out.

♍ **Virgo** Aug. 24-Sept. 22 Make sure that what someone is trying to get you interested in is worth the investment of time and energy you will be required to make.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ **Libra** Sept. 23-Oct. 23 Cosmic activity in your fellow Air sign of Aquarius will fill your head with big ideas over the next few days but not all of those ideas will be practical, so don't get carried away.

♏ **Scorpio** Oct. 24-Nov. 22 A friend or work colleague may be a bit hurtful in some of the things they say but don't take it to heart.

♐ **Sagittarius** Nov. 23-Dec. 21 You have nothing to prove and everything to look forward to, so stop fretting that you are on the wrong track because you are heading in exactly the right direction.

♑ **Capricorn** Dec. 22-Jan. 20 You may be suspicious that

certain people are being supportive of you now, especially as they have been so negative in the recent past, but don't be too distrustful.

♒ **Aquarius** Jan. 21-Feb. 18 Your current run of good fortune shows no signs of coming to an end. On the contrary, the closer you get to Thursday's new moon the more you will be convinced that you cannot possibly lose.

♓ **Pisces** Feb. 19-March 20 At this time of year more than most you tend to see enemies at every turn but few if any of them exist outside your imagination, so get a grip on yourself and start getting things done. SALLY BROMPTON

Caption contest



"Monkey see, Monkey Do"
ANDREW

WIN! You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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